10/6 is National Depression Screening Day: Do I Have Depression?

October 6 is National Depression Screening Day. Depression is a severe mental health disorder that impacts a significant amount of the nation’s population. According to the National Alliance of Mental Illness, depression has a prevalence of [8.4%](https://www.nami.org/mhstats) among United States adults. That is a considerable number in the grand scheme of things.

Depression can have an impact on one’s relationships, physical wellbeing, career, motivation levels, and overall quality of life. If you have begun to worry that you or a loved one may have depression, this article will cover the signs and symptoms so you can know when it is time to reach out to a doctor.

## Can I Have Depression?

Depression can look different for different people. However, there are a few common signs and symptoms one can watch for to determine whether or not they or a loved one may be struggling with the mental health disorder. These signs and symptoms include:

* Social withdrawal
* Loss of interest in activities that once brought you joy
* Excessive feelings of sadness, anxiety, or numbness
* Feeling hopeless
* Struggling to find the positive in any situation
* Low self-esteem or feelings of worthlessness, helplessness, or guilt
* Cloudy thoughts and difficulties concentrating
* Feeling fatigued
* Physical symptoms that cannot be explained by a physical ailment
* Changes to sleeping patterns, leaving one sleeping far more or far less than usual
* Changes to eating patterns, leaving some unable to eat and others eating more than usual
* Thoughts of death or suicide
* Wondering what life would look like if you weren’t alive
* Self-harming behaviors
* Suicide ideations or attempts

Depression is a serious mental health condition that can become dangerous quite quickly. If you feel that you are in immediate danger of harming yourself or someone else, contact the mental health crisis hotline immediately.

## When You Should Be Screened for Depression

Receiving treatment for depression as soon as possible is crucial to finding healing and beginning to live a happier, healthier life. But when should one be screened for depression? If you or a loved one have found yourselves experiencing any of the symptoms above, you may want to reach out to a health professional. There, they can help you determine if there are any underlying health issues causing your symptoms and, if not, refer you to a mental health professional.

The mental health professional will help you figure out why you feel the way you are feeling, find ways to switch your negative thinking patterns to positive ones, and help you find healthy coping mechanisms for getting through difficult moments.

## We Are Here for You

Depression can be a serious mental health condition that negatively impacts a person’s health, happiness, and overall quality of life. If you have any suspicion that you may be experiencing depression, seeking help from counseling or a mental health professional can be crucial. Our compassion, caring, and professional therapists will ensure that you receive the counseling you need. [Reach out](https://michiganpsychologicalcare.com/contact.php) to us today, and we will help you find the therapist that best fits your personal needs and goals.

References:

https://www.nami.org/mhstats

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